

## **Wyoming Quit Tobacco Program Participation Rate Leads Nation**

The participation rate for the tobacco Quitline offered by the Wyoming Department of Health for state residents is tops in the United States according to a national report.

Wyoming ranked number one in the proportion of call attempts as compared to state population for the year 2007. A National Cancer Institute report showed Wyoming had 8,313 call attempts to the Quitline in 2007. Year 2006 call attempts were 2,415, representing a significant increase.

The Wyoming Quit Tobacco Program, which is part of the department's Mental Health and Substance Abuse Services Division, offers low-cost cessation medications and free supportive services such as counseling to help smokers and spit tobacco users quit. Interested residents can call 1-800-QUIT-NOW or log on to <http://wy.quitnet.com> to enroll in the program.

"Quitting tobacco is not easy. Through either the phone line or web site, tobacco users who want to stop can find support tailored to their personal needs," said Kathi Wilson, tobacco cessation coordinator for the Wyoming Department of Health. "That flexibility leads to the program's success."

According to a recent Wyoming Survey and Analysis Center report, the current three-month quit rate for Wyoming is 54 percent and the six-month quit rate is 42 percent.

Wilson noted residents must call 1-800-QUIT-NOW to receive cessation medication vouchers, but free counseling services are available through both the phone line and the Quitnet web site.

To date, the Wyoming Quit Tobacco Program is the only state program offering all forms of nicotine replacement therapy, including nicotine patches, nicotine gum, nicotine lozenges, Wellbutrin, Zyban, Bupropion, nicotine inhaler, nicotine nose spray and Chantix.

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